As Soldiers, it is our solemn duty to conduct ourselves in an appropriate and professional manner in everything we do and at all times. This includes our conduct online and in social media. We are Soldiers 24/7 -- on duty, off duty, in uniform, and out of uniform. We are a values-based organization in which everyone is expected to be treated with dignity and respect.

The Army recently released ALARACT 014/2017-Professionalization of Online Conduct. The document defines online misconduct as "the use of electronic communication to inflict harm" that include, but is not limited to "harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect."

Appropriate online conduct is simply stated as communication consistent with Army Values and standards of conduct. Those who participate in or condone misconduct online are subject to criminal, disciplinary, and administrative action under the Uniform Code of Military Justice.

This is not a new standard, but it is something that I believe some of us may have forgotten. This is unacceptable, and it is a detriment to unit cohesion and readiness. The bottom line here is that if you would not say or do it in uniform, don't say or do it online.

Our professionalism directly impacts the perception of our force and our ability to retain and recruit. More importantly, it impacts the trust we have with the American people. We owe the American people a professional fighting force with members who treat others with dignity and respect.

Please read the ALARACT thoroughly and discuss with each and every Soldier in your formations. Enforce the standards that we hold so dear, and do not let the actions of a few tarnish the face of our Army.

I challenge each and every Soldier, family member, and Army civilian to do the right thing at all times.

Conduct yourselves professionally in all forums and facets of life. Stress this to your Soldiers: If you are a victim of misconduct, inform your chain of command and contact your local SHARP Representative and Victim Advocate. If you are aware of misconduct, do your job as a Soldier and report it.

Not In My Squad! Not In My Army! ARMY STRONG!

SMA